



Self-directed continuing professional development
for primary care nurses

Gout Self-Management App Study

Title of Research: eHealth tool for people with gout: a cluster randomised controlled trial

Scope of the research and relevance to primary care

This study is a primary care research activity which aims to improve the efficiency and effectiveness of gout patients' self-management. Gout patients are often not adherent to their urate-lowering therapy (ULT), and so their gout remains uncontrolled. This cluster randomised controlled trial will evaluate the effectiveness of a mobile app, designed to assist people with gout in self-managing their condition. Specifically, the app has been developed to help individuals with gout achieve a target serum urate of ≤ 0.36 mmol/L, and consequently control of their gout and a better quality of life.

Participating primary care nurses are requested to screen, identify, and recruit at least 3 patients, who:

- Have had at least two attacks of gout in the past year,
- Be receiving or eligible to receive ULT to prevent attacks, and
- Have access to a smartphone or tablet device with access to the internet.

Once recruited into the study, participating patients will be provided with one of two mobile apps for one year. Nurses will also be provided with information on contents of the mobile app that their patients receive. Nurses will liaise with General Practitioners (GPs) in reviewing the patients at least three times within one year after gaining consent from the patients (at the start, then again after 6 months and 12 months), and monitor their serum uric acid and creatinine levels as required.

Source or provider details:

Department of Clinical Pharmacology and Toxicology, St Vincent's Clinical School, UNSW Sydney

Identified learning needs:

- Providing self-management support and team care for patients with gout
- Primary care research in chronic disease management

Action plan:

- Screen all patients, particularly those who have presented with gout attacks in the previous year, against the eligibility criteria for receiving the mobile app.
- Introduce any eligible patient to the study and provide them with a participant information sheet.
- If a patient is interested, gain informed consent using the consent form.
- Contact the gout app research team with participating patients' details.
- Liaise with participating GPs in reviewing each participating patient at least three times over a year (at the start, then again after 6 months and 12 months), monitoring their serum uric acid and creatinine levels as required, and providing the research team with medical information related to the patients' gout (with the patients' consent).
- Learn about cluster randomised controlled trials at the start of the CPD activity and answer multiple choice questions.
- Review educational content for patients on management of gout, including pain relief, urate-lowering therapies, and diet tips.

Type of activity:

Self-directed learning (primary care research activity)

Description of topic(s) covered during activity and outcome:

There are five learning objectives (expected outcomes) for participation in the activity:

1. To identify and contact patients with inadequately controlled gout for potential admission into the study.
2. To determine whether the use of an electronic self-management tool is effective in achieving target serum urate levels in participating patients.
3. To identify a situation in which the use of an electronic self-management tool may be beneficial for patients with gout at the end of the study.
4. To understand why a cluster randomised controlled trial is a useful trial design in primary care and discuss best practice in recruiting patients to clinical trials.
5. To provide patients with education based on up-to-date evidence in self-managing gout.